

# Volunteers Needed!



**MEALS on WHEELS**  
**VICTORIA**

TOGETHER, WE CAN DELIVER.

## Volunteer Opportunities

### ***Meal Delivery***

Drivers are needed to deliver meals to homebound seniors inside the Victoria City limits. Meals are picked up Monday through Friday between 10:30 and 10:45 am at the Murray locations. Deliveries may take up to 2 hours. This is a family-friendly volunteer opportunity, it is also great for groups of all ages. Adult supervision is required for those ages 17 and under.

### ***Meal Prep***

Volunteers are needed to help pack meals for delivery Monday through Friday from 9 to 10:15 am at our Murray location.

### ***Congregate Center Volunteers***

Center volunteers help call Bingo Mon thru Fri at 10 am, take lunch trays to the tables at lunch time, clean the dining room after lunch.

### ***Administrative Volunteer***

Volunteers are needed to provide clerical support such as answering phones, copying and filing, organizing intakes, Monday through Friday from 8am to 2pm

### ***Youth Volunteers***

Volunteers are welcome addition to our volunteer they may help in a variety of ways including decorating, arts & crafts, assisting in the dining room for special events, hosting bingo, or in other duties. Parental permission and adult supervision is required for those ages 17 and under.

### ***Building Maintenance (inside)***

Vacuum, sweep, mop, clean bathrooms

### ***Pet Food Delivery***

Drivers are needed to deliver pet food to homebound seniors inside the Victoria City limits. food buckets are picked up Monday through Friday between 8:00am and 1:30 pm at the Murray locations. Pet food can be delivered at your convenience. This is a family-friendly volunteer opportunity, and it is also great for groups of all ages. Adult supervision is required for those age 17 and under.

### ***Social Reassurance***

Social Reassurance Program volunteers provide weekly well-check phone calls, text, facetime, This will allow MOW Victoria clients experiencing isolation, loneliness, and lack of social support a chance to connect with a volunteer to build a friendship and social connection. This program will primarily take place over the phone unless client and volunteer decide otherwise.

**Sign Up Today**



For additional information on how you can help, please visit our website or contact our Volunteer Coordinator for more details:  
[www.mowvictoria.org](http://www.mowvictoria.org)  
[volunteer@mowvictoria.org](mailto:volunteer@mowvictoria.org)

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